# Sexual Health

## Unplanned Pregnancy Prevention

# Navy Heritage Video

# Introduction

- Pregnancy and parenthood are natural and wonderful life events
- However, the responsibilities associated with parenthood require increased consideration and planning
- It is strongly recommended that service members make every effort to plan pregnancies during time periods that will enable them to balance the demands of family responsibilities and military obligations

# Importance

- Unplanned pregnancies happen in the Navy as well as society
- In fact, 2 of 3 enlisted Sailors who got pregnant in 2001 said they did not plan to get pregnant
- Think about the challenges of raising a child.
  - Are you ready to do this?
  - What will you do when it's time to deploy?
  - Who will take care of your child?

# Objective

Upon completion of this lesson, you will be able to:

- explain strategies for preventing/minimizing your risk for an unplanned pregnancy
- identify your options for birth control

# Scenario

A BTSN telling her story.

“I thought I was being careful. I was on the pill, but nothing is 100% except abstinence. You really, really have to know – if you do this – if you lay down with this person, you have to be ready for the consequence. I have nobody to watch my baby – and that makes it hard – cause I want to go back to school. And everything I thought was so hard before I joined, before I got pregnant, is twice as hard now. I can’t be spontaneous like I was. I always have to take into consideration that there’s a child there. I can’t go out partying with my friends. Everything I want takes a back seat to what that child needs. And that’s hard.”

# Scenario Continued

“I was in the engine room as a BT. I was a lot smaller than the guys there. And being in the engine room, there’s these tiny spaces where someone my size fits better than your stereotypical Boiler Tech. Most of those guys are pretty big. It took a long time for me to prove to those guys that I deserved to be there. I was the first female they had in that division. And everything I proved to them I deserved to do went out the window because they were like ‘Oh look – she just got pregnant to get off the ship.’ Why would I do that? Why would I get pregnant after working so hard to prove to them – to prove to myself – that I deserved to be there. I got moved out of my division and that hurt. I didn’t want to leave the engine room. I didn’t want to sit around all day and push paper – I hate that. I realize it’s for my own good.”

# Scenario Continued

"It's such a setback – mentally, emotionally. How do you take that? If you want to stay in and want to have a career, you really need to think it out. There's a time to have children and there's a time you can't. And getting pregnant when you're on a ship or right out of school is a terrible time. You don't know what's to come. You need to give yourself a chance…"

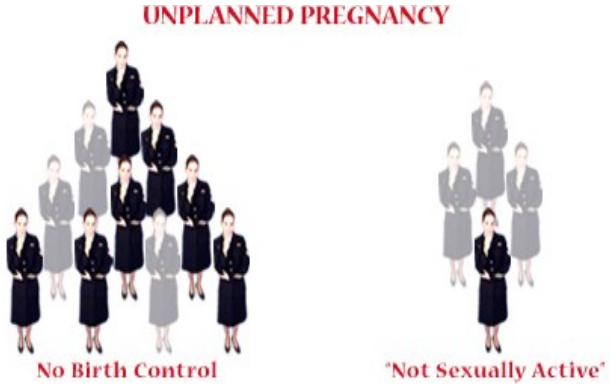
# Outline

- Abstinence
- Forms of birth control
- Condoms
- Emergency Contraception

# Abstinence

# Introduction

- You may be surprised to learn that 7 of 10 Navy enlisted women who had an unplanned pregnancy in 2001 were not using any form of birth control.  Why not?
- In 1997, 1 of 4 female Sailors who had an unplanned pregnancy said the reason they didn't use birth control was because they were "not sexually active."
- It may be that these women really didn't plan on having sex- but something unplanned happened.



# Abstinence is OK

- Some people decide to not have sex, or delay sex until another time in their life. This period of inactivity is called abstinence.
- It is OK to say no to sex and choose abstinence
- Staying sober and in control will help you stick to your values and plans
- Abstinence is 100% effective IF it is practiced 100% of the time

# Respect Each Other

- Are you ready to respect your partner's decision to say no to sex?  Just as you want others to respect your values, you should respect the values of other people.
- Even if you decide you want to have sex, remember that this is a decision that involves both partners
- A truly caring relationship is patient and understanding

# Taking Chances

- Sometimes people take chances
- In a survey in 2001, 1 of 3 male enlisted Sailors and 1 of 7 female Sailors said, “When a birth control method is not available, I believe you just have to take a chance and hope a pregnancy does not occur.”
- A woman who uses “chance” as her birth control method has an 85% likelihood of getting pregnant

# Suggestions for Success

- If you do not use any form of contraception because you are not planning to have sex, you should consider these suggestions
  - If circumstances change and you decide to have sex, plan for and insist on the correct and consistent use of a latex condom
  - Discuss birth control with your doctor before having sex
  - Promptly talk to your doctor about emergency contraception if your abstinence plan failed

# Abstinence is defined as:

- Withdrawing before ejaculation
- Sex only during "safe" times of the month
- A chosen period of sexual inactivity
- Sex only with someone really special

# *A:* Correct!

- Your answer is correct!
- Abstinence is a chosen period of sexual inactivity.

BACK NEXT

# Incorrect!

- Your answer is not correct!
- Try again.

BACK

**Avoiding high-risk situations such as excessive drinking can help a person stick to their plan of abstinence.**

TRUE

FALSE

# True is Correct!

- Your answer is correct!
- By avoiding high-risk situations such as excessive drinking a person can stick to their plan of abstinence.

BACK NEXT

# False is Incorrect!

- Your answer is not correct!
- Try again.

BACK

# Birth Control Options and Effectiveness

General Military Training – Sexual Health – Unplanned

2-1-22

# Introduction

- In 2001, about 3 in 4 females usually used some form of birth control
- Some Sailors feel you just have to take a chance when no birth control is available
- Among enlisted Sailors who became pregnant in 2001, 70% were not using birth control
- Birth control methods are not 100% effective and are not equally effective
- Choose the method that is right for you

# Options and Effectiveness

| Method | Percent of women who experience an unplanned pregnancy during one year of typical use |
|---|---|
| Chance | 85% |
| Periodic Abstinence (Rhythm Method) | 25% |
| Cervical Cap | 20 - 40% |
| Sponge | 20 - 40% |
| Female Condom | 21% |
| Diaphragm | 20% |
| Withdrawal | 19% |
| Male Condom | 14% |
| Pill | 5% |
| IUD | less than 2% |
| Depo-Provera | 0.3% |
| Norplant | 0.05% |
| Abstinence | 0% if practiced 100% of the time |

# Birth Control Pills

- Benefits of oral contraceptives
- Weight gain and loss
- Missed pills
- Condoms and the pill

# Q: Select the 3 most effective types of birth control

☐


☐


☐


☐


☐


☐

# Correct!

- Your answer is correct!
- This is one of the three most effective types of birth control.

BACK NEXT

# Incorrect!

- Your answer is not correct!
- This is not considered to be one of the most effective methods of birth control.

BACK

# Condoms

# Introduction

- Birth control pills & other chemical contraceptives do NOT prevent the transmission of HIV & other sexually transmitted diseases
- The correct & consistent use of male latex condoms DOES significantly reduce the risk of pregnancy, HIV transmission, & other diseases
- Condoms reduce the risk if they are used every time you have sex and if they are used correctly

# STD Facts

- Nearly 1 million Americans are living with HIV infection, and many are unaware of their infection
- 1 in 5 has genital herpes
- 1 in 20 American women aged 15 – 24 may have Chlamydia – and most are unaware of their infection

# Condom Facts

- It’s a good idea to use a birth control method and condoms
- Only 1 of 2 unmarried male Sailors and only 1 of 3 unmarried female Sailors say they used a condom the last time they had sex
- It is OK for men and women to carry condoms and insist on their use
- Condoms are sold in every NEX and convenience store. Every ship stocks them also.

# Condom Complaints

- Here are some condom “complaints” and solutions

| Complaint | Specialty Condoms Available |
|---|---|
| Too tight | Extra large |
| Always fall off | “Snugger fit” |
| Reduced sensitivity | Extra thin, extra sensitive, unique shape |
| Ruins the mood | Glow-in-dark, scented, flavored, colored |

# Key Point to Condom Use

- Stay sober and in control
- Use a condom every time!
- Get condoms now and have them when and where you think you'll need them
- Put the condom on before any sexual contact
- Pinch the tip of the condom while rolling it on to leave a reservoir for semen
- Don't use any oil-based lubricants like Vaseline or baby oil
- Leave the condom on until all sexual contact is over

# Q: Select the condom that may help solve the complaint!

I can’t feel a thing
and neither can she!

# Correct!

- Your answer is correct!
- Extra-Thin Extra-Sensitive condoms can help to eliminate this complaint.

BACK NEXT

# Incorrect!

- Your answer is not the best choice for this complaint!

BACK

# Q: Select the condom that may help solve the complaint!

These things are to tight!
It's like wearing a tourniq

# Correct!

- Your answer is correct!
- Extra-Large condoms can help to eliminate this complaint.

BACK NEXT

# Incorrect!

- Your answer is not the best choice for this complaint!

BACK

# Vanessa thinks she knows everything about birth control. Can you separate the facts from fiction?

- ☐ Leave the condom on until all sexual contact is c
- ☐ Condoms are the most effective birth control, be abstinence
- ☐ Some people complain that condoms ruin the mo
- ☐ Use a condom only if you think your partner is u
- ☐ Don't forget to use baby oil or Vaseline on your c increase ease of entry

# *A:* Correct!

- Your answer is a fact!

BACK NEXT

# Incorrect!

- Your answer is fiction!
- Try again!

BACK

# Vanessa still thinks she knows everything about birth control. Can you separate the facts from fiction?

- ☐ Pinch the tip of your condom when putting it on, reservoir for semen
- ☐ You can only get condoms from your doctor
- ☐ Get drunk before using the condom, then you wo notice how uncomfortable it is
- ☐ Aside from abstinence, latex condoms are the on control that can reduce the spread of STDs
- ☐ Men or women can carry condoms

# Correct!

- Your answer is a fact!

BACK NEXT

# Incorrect!

- Your answer is fiction!
- Try again!

BACK

# Emergency Contraceptive Pills

# Introduction

- Women who are concerned about the effectiveness of their current birth control method to prevent pregnancy due to a recent sexual encounter should promptly see a health care provider and ask about Emergency Contraceptives (EC)

# Definition

- Emergency contraceptives are methods of preventing pregnancy after unprotected sexual intercourse
- Might be used when a condom breaks, after a sexual assault, or any time unprotected sexual intercourse occurs
- Do not use EC as your only protection against pregnancy if your are sexually active
- Need to be used within 72 hours of unprotected sex

# EC Pills

- Emergency contraceptive pills (ECP) use hormones to help prevent conception
- Also called “morning after” pills.
- These pills can reduce the chance of pregnancy by 75 – 89%
- Most women can safely use EC pills even if they cannot use birth control pills as their regular method of birth control
- Can cause nausea and vomiting

# Facts

- EC is not abortion
- ECPs can reduce the chance of pregnancy by at least 75% if done within the first 72 hours of the sexual encounter
- ECPs are available at every Navy clinic and hospital
- ECPs will not harm the mother or fetus if she is already pregnant
- Repeated use of ECPs has not been shown to be harmful, but it should not be used as the primary method of birth control

# Q: Which of the following is a type of emergency contraceptive?

- Sponge
- Diaphragm
- IUD
- Morning-After Pill

# Correct!

- Your answer is correct!
- The Morning After Pill is a type of emergency contraception.

BACK NEXT

# Incorrect!

- Your answer is not correct!
- This is not a type of emergency contraceptive.
- Try again!

BACK

# Emergency contraceptives can be defined as:

- Methods to prevent pregnancy after unprotected sex
- An abortion
- Methods to prevent sexually transmitted diseases and after unprotected sex
- A to-the-door service delivering condoms just prior t

# Correct!

- Your answer is correct!
- Emergency contraceptives are methods to prevent pregnancy after unprotected sex.

BACK NEXT

# Incorrect!

- Your answer is not correct!
- This is not the definition of emergency contraceptives.
- Try again.

BACK

# Why shouldn't emergency contraceptives be used as a regular, ongoing method to prevent pregnancy?

- Emergency contraception are often too tight, too sn sensitivity
- They are less effective against pregnancy than regul contraceptive methods
- They are so effective that using them other than in e circumstances could cause infertility
- There is no difference

# Correct!

- Your answer is correct!
- Do not use emergency contraceptive pill as you only protection against pregnancy. If you are sexually active or planning to be, begin using a method of birth control you will be able to use on an on-going basis. Discuss with your doctor which method my suit you best and when you can start it.

BACK NEXT

# Incorrect!

- Your answer is not correct!
- This is not a true statement about emergency contraceptives.
- Try again!

BACK

# Unplanned Pregnancy Summary

# Review

- Strategies for preventing/minimizing your risk for unplanned pregnancy
- Identify options for birth control if you choose not to practice abstinence
- Effects an unplanned pregnancy may have on your ability to achieve personal and professional goals, meet your military obligations and create a family on your time schedule

# Scenario Review

BTSN, an excellent, hard-working Sailor, is now dealing with the unexpected responsibilities of child rearing. Her career, education plans and social life have been altered from her original intentions. BTSN must now reevaluate her life plans to include a new addition.

# Additional Scenario

Also, you should be aware that the effects of an unplanned pregnancy are not exclusive only to females. Consider the thoughts of this male service member.

“About the third or fourth week of Boot Camp, I got a letter saying she was pregnant. A million thoughts went into my head. I was 18. I was scared. I wasn’t even 19 and had a baby on the way. One thing led to another and we didn’t use anything. And being 18 years old and a parent is a big thing. ”

# Additional Scenario Continued

“Say you got money saved up for a car.  Wow! – if you got a baby coming you might as well forget about that car and put the money toward the baby.  Cribs, swings, toys, diapers weekly, formula weekly, doctor visits…I knew there wasn’t going to be any more partying on the weekends and going home on leave to see my buddies – it was going to be go home on leave and see your wife and child.”

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# Additional Resources


- Hatcher, R. et al. (1998). Contraceptive Technology, 17th ed.
- Institutes of Medicine (1995). The Best Intentions: Unintended pregnancy and the well being of children and families.
- Uriell, Z. (2001). Pregnancy and Parenthood: Results of the 2001 survey.
- Thomas, P. & Mottern, J. (2002). Results of the 1999 survey of pregnancy and single parenthood in the Navy.
- Thomas, P. & Uriell, Z. (1998). Pregnancy and single parenthood in the Navy: Results of a 1997 survey.

# Additional Resources Continued


- CDC (2003). Sexually Transmitted Diseases Surveillance 2002 Supplement. Chlamydia Prevalence Monitoring Project Annual Report 2002.
- CDC (2001). HIV/AIDS Update – A glance at the HIV epidemic.
- CDC (2001). Tracking the Hidden Epidemics – Trends in STDs in the United States 2000.
- Bray, R. et al. (2004). 2002 Department of Defense Survey of Health Related Behaviors Among Military Personnel.
- SECNAV Instruction 5300.30 Series – Management of Human Immunodeficiency Virus 1 – Infection in the Navy and Marine Corps.

## General Military Training inquiries or suggestions -

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**Opportunity to test-out ( at the command's discretion )**

**TEST may be attempted prior to beginning the topic lesson.**